

# A.M. PROVISIONS

so good we serve them all day

## OPEN FACE EGG SANDWICHES

Our sandwiches are made to order with Finger Lakes Farms free-range eggs, accompanied by all natural ingredients, locally sourced when available.

### EVELYN

WHISKED EGG &  
SCHRADER FARMS BACON  
CHEDDAR  
--HOUSE ROLL--  
\$7.50

### LUCY

WHISKED EGG &  
SCHRADER FARMS SAUSAGE  
GRUYERE  
--CROISSANT--  
\$7.50

### ALEX

WHISKED EGG &  
FIRST LIGHT GOAT CHEESE  
ARUGULA  
PESTO  
--MULTI-GRAIN--  
\$8.75

### MAC

WHISKED EGG &  
SCHRADER FARMS SAUSAGE  
CHEDDAR  
BASIL MAYONNAISE  
--BISCUIT--  
\$7.50

### LILLY

POACHED EGG & HAM  
BRIE  
--BISCUIT--  
\$7.50

### MIKAYLA

POACHED EGG &  
SCHRADER FARMS BACON  
CHEDDAR  
AVOCADO  
PICO DE GALLO  
--HOUSE ROLL--  
\$8.75

## BUILD YOUR OWN

*Your choice of:*

BREAD  
EGG  
CHEESE  
MEAT +75¢  
VEGGIE +75¢

\$6.95  
*add avocado \$1.50*

### CAROLINE

POACHED EGG & HAM  
GRUYERE  
BECHAMEL  
--BRIOCHE--  
\$9.95

### CARMIN

WHISKED EGG & HAM  
MOZZARELLA  
TOMATO  
BASIL  
MAYONNAISE  
--HOUSE ROLL--  
\$8.75

## SMOOTHIES \$6<sup>50</sup>

*Add:* CHIA SEEDS || COCOA NIBS || GROUND FLAX || HEMP PROTEIN \$1 *each*

FRUIT

STRAWBERRY  
BLUEBERRY  
BANANA | YOGURT  
ORANGE JUICE

GREEN

SPINACH  
GINGER  
BANANA  
ORANGE JUICE

PROTEIN

DATES  
BANANA  
PEANUT BUTTER  
ALMOND MILK

COFFEE

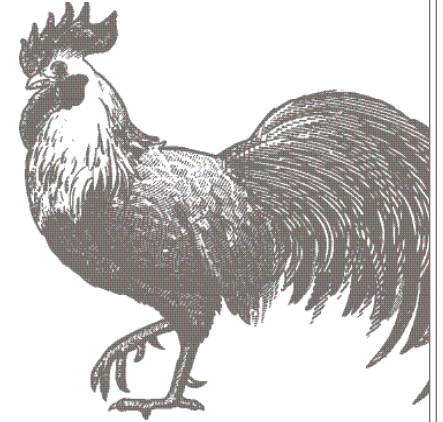
OAT FLOUR  
MAPLE SYRUP  
COFFEE | WHOLE MILK  
GROUND ESPRESSO  
COCOA POWDER

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IT'S NOT JUST WHAT WE USE, IT'S WHAT WE DON'T.®

We strive to source the freshest, local ingredients avoiding G.M.O.'s, antibiotics, steroids and any artificial additives.



## QUICHE

LORRAINE: BACON, CARAMELIZED  
ONION & CHEDDAR CHEESE  
OR  
FLORENTINE: SPINACH, ONION &  
GRUYERE CHEESE  
\$9.95

## OATMEAL

ORGANIC WHOLE GRAIN  
ROLLED OATS & MILK  
YOUR CHOICE:  
BERRIES  
OR  
BROWN SUGAR &  
100 % NY CUMMINGS MAPLE SYRUP  
OR  
BANANA "BRULEE"  
\$5.95 / \$4.25 KIDS

## TOAST TASTING

4 SLICES OF TODAY'S DAILY BREAD  
& SALTED BUTTER  
\$3.95

## FRENCH TOAST

BRIOCHE  
OR  
CINNAMON SWIRL BRIOCHE  
SERVED WITH  
100% NY CUMMINGS MAPLE SYRUP  
\$8.95 / \$4.95 KIDS

## STUFFED FRENCH TOAST

BRIOCHE FRENCH TOAST  
STUFFED WITH CREAM CHEESE, TOASTED  
ALMONDS &  
A SEASONAL FRUIT COMPOTE  
SERVED WITH  
100% NY CUMMINGS MAPLE SYRUP  
\$9.95

## AVOCADO TOAST

FRESH AVOCADO  
SALT & PEPPER  
--GRILLED TABLE BREAD--  
\$3.50

## YOGURT & GRANOLA

ITHACA MILK YOGURT WITH  
HOUSE-MADE GRANOLA  
\$6.95  
ADD FRESH FRUIT \$1.25

## SIDES

SCHRADER FARMS BACON  
MAPLE GLAZED BACON  
HAM  
SCHRADER FARMS SAUSAGE  
TURKEY SAUSAGE  
FRESH FRUIT  
\$2.95